## IN THE CLAIMS

(Previously Presented) A shoe, comprising:
 an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section;

a planar outsole supporting the insole, wherein the rear heel section has a surface closer to the outsole than a surface of the forward toe section to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions.

- 2. (Previously Presented) The shoe of Claim 1, wherein forward toe section and the rear heel section provide an acute angle to be formed between the wearer's foot and the wearer's lower leg bones.
- 3. (Previously Presented) The shoe of Claim 1, the forward toe section having a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 4. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the upper surface.

- 5. (Original) The shoe of Claim 3, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.
- 6. (Withdrawn) The shoe of Claim 3, wherein the forward toe section and the rear heel section are separated by a cavity.
- 7. (Withdrawn) The shoe of Claim 3, wherein the forward toe section extends short of a forward periphery edge of the shoe.
- 8. (Previously Presented) The shoe of Claim 3, further comprising:

one or more midsoles between the insole and the outsole.

- 9. (Withdrawn) The shoe of Claim 8, wherein the midsoles allow the insole to maintain a position of the wearer's heel to be closer to the walking surface than the wearer's toes.
- 10. (Previously Presented) The shoe of Claim 1, wherein the forward toe section and the rear heel section place the wearer's foot in a negative heel position.

11. (Previously Presented) A shoe, comprising:

an upper;

an insole under the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section;

a planar outsole under the insole, wherein the rear heel section has a surface closer to the outsole than a surface of the forward toe section to place a wearer's foot in a dorsiflexion position.

- 12. (Previously Presented) The shoe of Claim 11, the insole being configured with a constantly thick forward toe section and a decreasingly thick rear heel section.
- 13. (Previously Presented) The shoe of Claim 12, wherein the constantly thick forward toe section and the decreasingly thick rear heel section meet at a point substantially halfway with respect to the outsole.
- 14. (Previously Presented) The shoe of Claim 13, further comprising:

one or more midsoles between the insole and the outsole.

15. (Previously Presented) The shoe of Claim 11, wherein the insole is removable.

16. (Previously Presented) A shoe, comprising:
an upper;

an insole enclosed by the upper, the insole being a single piece layer of the shoe, the insole having a forward toe section and a rear heel section;

a midsole separating the outsole from the insole;

a planar outsole supporting the midsole and the insole, wherein the rear heel section has a surface closer to the outsole than a surface of the forward toe section to place a wearer's foot in a position where the wearer's heel is closer to a walking surface than the wearer's toes during normal wearing conditions.

- 17. (Previously Presented) The shoe of Claim 16, wherein the forward toe section has a substantially constant thickness from a forward periphery edge of the shoe to the rear heel section, the rear heel section having a decreasing thickness from the forward toe section to a rear periphery edge of the shoe.
- 18. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section meet at a point substantially halfway with respect to the outsole.
- 19. (Original) The shoe of Claim 17, wherein the rear heel section and the forward toe section have a same thickness at the point where the rear heel section and the forward toe section meet.
- 20. (Previously Presented) The shoe of Claim 16, wherein the midsole has substantially planar upper and lower surfaces.